

My Child

at 2 years



Blood Lead

According to the CDC, about 500,000 American children between one and five years old have blood level equal to or higher than the recommended value. High levels of blood level can result in damage to brain and nervous system, slow growth and development and speech and hearing disorders. By 2 years old, your child should be receiving it's second blood lead test.

Show me love by . . .

- Giving me toys to pedal and push around inside and out.
- Letting me build with blocks. You can build with me!
- Giving me space for running, throwing, and kicking a ball.
- Coloring with me.
- Letting me play with other kids my age. I still don't play well with others but I'm learning.
- Praising my good behaviors.
- Reading and singing to me.
- Teaching me my letters, numbers and colors.
- Allowing me some brief separation time from mom for play time.
- Protecting me from falling out of bed (with walls, pillows, and guard rails).

Keep me safe...and please...

- Remember, a 2 year-old can open doors and go outside. Supervision is very important at this age.
- Keep cleaning supplies and medications out of reach.
- Keep my bedtime and nap routines. Reading a story, rocking, and putting me to bed with my favorite blanket or toy will help.
- Reassure me in my own room at night if I'm fussy.

Happy Birthday!

Your child may be noisy, busy and impulsive. He is trying to become more independent, and will appreciate lots of choices to increase his sense of freedom.

Watch me grow! I can . . .

- Grow 5 inches between 1 and 2 years old!
- Gain about 5 pounds between 1 and 2.

What I need. . .

- To be offered healthy foods at snack and meal times.
- 4 milk/cheese servings daily: 1/2 cup low-fat milk, 1/2 slice cheese, 1/2 cup yogurt.
- 2 fruit and 2 vegetable servings a day. One serving is equal to 1/2 cup of vegetables or 1/2 piece of fruit including:
- At least 1 vitamin C food everyday: (orange, berries, kiwi, broccoli, spinach, peppers, or up to 4 oz. orange juice or other WIC juice.
- 2 protein servings daily; 1 ounce cooked meat, fish, chicken, 1 egg or 1 tablespoon of peanut butter, spread on bread, crackers, or fruit.
- 6 grain servings a day (serving size is 1/2 slice of bread, 1/2 cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.
- To eat when I am truly hungry.

Don't forget . . . I can

- Begin to sort shapes and sizes.
- Follow simple two-step instructions like "Pick up your shoes and put them in the closet."
- Stand on my tiptoes.
- Throw a ball overhand.
- Kick a ball and begin to run.
- Get excited when I'm around other children.

You can take care of my oral health by...

- Helping with brushing and praising my efforts.
- Watching for my 2-year molars!
- Call to schedule my dental cleaning.

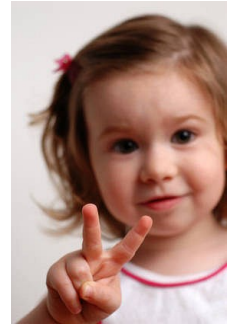
Exploring my world . . . I can

- Walk up and down stairs alone with two feet on each step.
- Run well.
- Stack 5-6 cubes.
- Draw lines and circles with a crayon.
- Point to objects when named.
- Enjoy playing with others.
- Say my first name and talk in 2-3 word sentences.
- Be separated from mom for longer periods of time.
- Change from my crib to a bed for sleeping.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Put my clothes on
- ✓ Stack 6 blocks
- ✓ Say my name
- ✓ Talk in 3-4 word phrases
(Me go outside)
- ✓ Throw a ball overhand
- ✓ Name 4 body parts



The Path to Reading...

2 years

You can:

- ★ **Move and sing** with your child. Act out poems, songs and nursery rhymes, such as "I'm a Little Teapot." This is an active way to let your child play with words and sounds.
- ★ **Scribble and draw** with your child. Set up a place at the table, or use the high chair and let your child *explore* with markers, crayons, or finger paint.
- ★ **Point** to signs while you're out walking or riding in the car. Talk about the names of cereals and foods.

Book Corner: Children like to move and play. They can do this with books, too!

Check out these websites for FREE info!



WIC Website for Feeding Information
www.michigan.gov



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



POISON CONTROL
Available 24 hours a day
7 days a week
1-800-222-1222



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Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.